



# Montana HOSA E-Newsletter

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**National HOSA membership is now 96,329 students strong!**

*HOSA's two-fold mission is:*

1. *To promote career opportunities in the health care industry, and.*
2. *To enhance the delivery of quality health care to all people.*

## Welcome back to school!

For those of you who are new to HOSA, I would like to welcome you to the Montana HOSA student organization. If you would like a copy of the HOSA student handbook, it can be found on our state website at: [www.opi.mt.gov/CTE/hosa1.html](http://www.opi.mt.gov/CTE/hosa1.html)

We had a small group of Montana delegates at the **National Leadership Conference** this summer, but we still managed to have a great time in Dallas, Texas. Great Falls High School chapter advisor Shawn Ruff and high school seniors Kezia Ford, Paul Capps and Kevin Clark participated in competitive events, carried the Montana Flag during Opening Ceremonies, and even spent a day at Six Flags amusement park. The Montana delegation also managed one of the competitive events at Nationals.

## 2008-2009 National Theme & Service Project

Each year, National HOSA invites students to submit theme ideas for the upcoming year. Pennsylvania HOSA's theme was chosen for this year:

**"HOSA: Where One Person's Passion Becomes Another Person's Hero"**

National HOSA Voting delegates unanimously chose Autism Speaks to be their service project for a second term, from 2008-2010. HOSA initially selected Autism Speaks as its National Service Project in 2006 to help raise awareness about autism and to teach students how they can make a difference in the lives of individuals and families living with autism. HOSA chapters actively supported Autism Speaks by participating in fundraising events such as Walk Now for Autism. In just two years, 96,000 HOSA members raised over \$150,000 for Autism Speaks. Check their website to see if there is a walk in your area: [www.autismspeaks.org](http://www.autismspeaks.org).

## National HOSA Week



National HOSA Week is November 2-8, 2008. This is a great time to build awareness for your chapter within your school, with Parent groups, local healthcare facilities, or even in through articles in your local newspaper. This is a time to toot your own horn about the service projects you are working on and the kinds of activities you are involved in as a HOSA member.

**CONGRATULATIONS to FLATHEAD HOSA members at Flathead High School who were recognized at National Leadership Conference for their 2007 HOSA Week Activities!**



Montana Office of Public Instruction • Linda McCulloch, Superintendent • [www.opi.mt.gov](http://www.opi.mt.gov)

STUDENTS!!!!

*\*\*Submit your Extemporaneous Writing on the 1st question and win \$50 plus a free trip to Billings on Sept. 25th to represent Montana HOSA at the MT Hospital Association's Annual Conference*

**Deadline for submission is Sept. 15<sup>th</sup>!!!**

*Chapter advisor or parent must drive you to Billings and will be reimbursed for transportation and meals.*

*Funding for a Substitute teacher will be paid to your school.*

*Submit paper to [rharris3@mt.gov](mailto:rharris3@mt.gov)*

*Students and advisors will be notified on Sept. 16th*

## Competitive Events Changes

**Public Health Emergency Preparedness** topic is: "Natural Disasters & Severe Weather".

**Extemporaneous Speaking** can be any topic related to current health issues or HOSA. For example: HOSA and Community Service-the benefits of Service Learning; Teens and Smoking; Childhood Obesity-Problems and Solutions.

**Prepared Speaking** speech topic is the National Theme: HOSA: "Where One Person's Passion Becomes Another Person's Hero"

**\*\*Extemporaneous Writing** can be any topic related to Health Science Education or HOSA. Some ideas are: How does HOSA contribute to the Healthcare Community? What types of services does HOSA provide? What are the benefits to the health care community?

**Extemporaneous Health Poster** will be related to HOSA or health science education, such as: Hand Hygiene-Preventing the Spread of Infection; Eating Right; Tips for Skin Cancer Prevention. Support documentation such as articles or pamphlets may be provided.

**Researched Persuasive Speaking** topics are: Obesity: Family vs. Society; Preventing Hearing Loss: The government should regulate volume on personal listening devices.

**Biomedical Debate** topic is: "Cord Blood for Sale".

**Public Service Announcement** topic is: "Volunteer-Help Make Your Community Healthier and Safer". The work on this PSA must be completely accomplished by team members. They may receive instruction in filming and editing from an outside source, but the actual filming, editing and all production steps must be done by team members.

**Medical Reading** books for this year are:

1. *The Scalpel and the Silver Bear* by Alvard and VanPelt
2. *Caring for Patients from Different Cultures* by Galanti (not in bookstores yet)
3. *Blindsided* by Cohen
4. *Small Steps: The Year I Got Polio* by Kehret and Shanahan
5. *Body of Work* by Montross

### HOSA Bowl

All of our chapters enjoy competing in HOSA Bowl. This year National HOSA deleted the *Mosby Dictionary* and added *Diversified Health Occupations* as the first resource on the list for health-related questions. Here is the new breakdown of HOSA Bowl questions:

HOSA-related questions	15%
Parliamentary Procedure	10%
Health-Related questions	75%

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**We're on the Web!**

**[www.opi.mt.gov/HOSA](http://www.opi.mt.gov/HOSA)**

### **HOSA Bowl Health-Related Questions**

This year 75% of the questions in HOSA Bowl will be health related in the following areas: history and trends; health care systems; health careers; legal and ethical; medical terminology; anatomy & physiology; nutrition and diets; safety and infection control.

### **Fall Leadership Meeting, Monday, October 13, 2008**



Every fall, HOSA chapter officers meet in Helena for leadership activities, event updates and planning the state HOSA conference. Please have your state officers elected in order for them to represent your chapter.

**New this year**—each MT Chapter will plan a specific part of the State Leadership Conference, tentatively scheduled for March 21-23, 2009 in Billings, MT at the Billings College of Technology-Health Sciences Building. When we gather this fall we can vote on the dates and ask chapters to choose their area of interest for the conference.

We are looking forward to having post-secondary HOSA chapters join our organization again this year. Post-secondary officers are most welcome to attend the October meeting if class schedules permit.

Committees needed:

Key Note Speaker(s)

Educational Symposiums

Student Fun Night

Theme and Decorations

State T-shirt design

Competitive Events judges and materials

Other ideas?

The State Advisor will be responsible for setting up lodging, Billings transportation (hotel to Billings COT), catering, and registration and registration cost.

### **Tentative Schedule for Monday, October 13<sup>th</sup>:**

- **9 AM- Do You Have What It Takes to be a Leader?**
- **10:45- Hospitality and Health care- What's the connection?**
- **12:15- LUNCH**
- **1 PM- Fall Conference Discussion and Committee Assignments**
- **2:30 PM- Competitive Events Q & A**
- **3 PM- Adjourn and travel home**

## Take the HOSA BOWL Challenge!!

Here are sample questions you will likely find in a HOSA Bowl:

1. What is the technical name for hives?
2. Name the broadest muscle of the back which adducts, extends, and medially rotates the arm.
3. How are the Bylaws of HOSA amended?
4. What is the general purpose of an Executive Board?
5. Why did the Ancient Egyptians do bloodletting?

## Now test your skills in Medical Math...

1. A 5 g container of potassium chloride is purchased for bacteriological work. Each culture medium requires 250 mg of potassium chloride. How many culture media will the 5 g container supply?
  - A. 16.
  - B. 20.
  - C. 21.
  - D. 25.
  - E. none of the above.
2. How many ml in .0056 L?
  - A. 0.56 ml.
  - B. 5.6 ml.
  - C. 56. ml.
  - D. 560 ml.
  - E. None of the above.
3. Your weight is 130 lb. How many g do you weigh?
  - A. 59 g.
  - B. 286 g.
  - C. 5900 g
  - D. 59,000 g.
  - E. none of the above.

Send your answers to the State Advisor at: [Rharris3@mt.gov](mailto:Rharris3@mt.gov)  
Correct answers will receive a prize.